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# Potomac ALMANAC

Mary Morgal, president of the Cabin John Park Volunteer Fire Department Auxiliary since 1960 shows a picture of her grandson in a custom made firefighter uniform.



## Behind a Great Fire Department...

NEWS, PAGE 3

## Bling, Art and Fresh Produce

NEWS, PAGE 10

## Senior Living: Adjusting Attitudes for Retirement

NEWS, PAGE 6

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APRIL 24-30, 2019

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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

## February, 2019 Sales, \$475,000~\$749,900

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**1 2 Sunrise Court — \$749,900**



**2 11 Aqueduct Court — \$726,000**



**4 9620 Accord Drive — \$700,000**

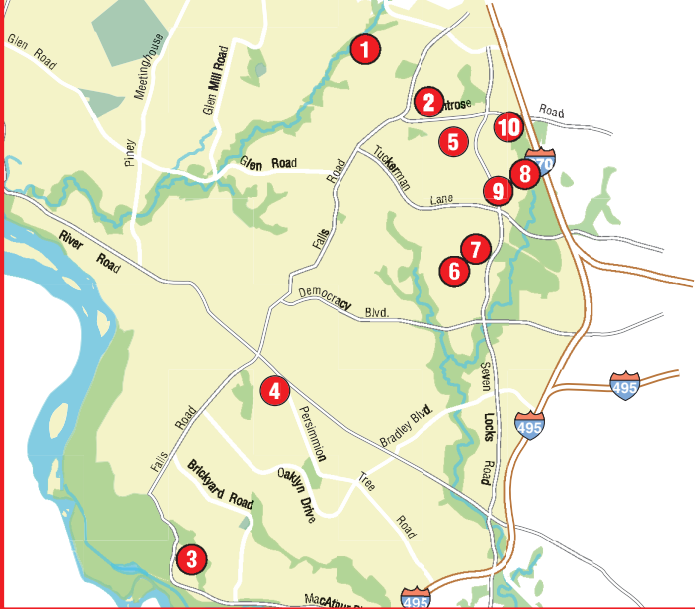
**3 10808 Whiterim Drive — \$705,000**



**5 11722 Devilwood Drive — \$604,000**



**6 10765 Deborah Drive — \$550,000**



Address .....	BR	FB	HB	...	Postal	City	Sold Price	...	Type	.....	Lot AC.	PostalCode	.....	Subdivision	.....	Date Sold
<b>1</b> 2 SUNRISE CT .....	4	..	3	.....	POTOMAC	.....	\$749,900	.....	Detached	.....	0.29	.....	20854	.....	HORIZON HILL	02/20/19
<b>2</b> 11 AQUEDUCT CT .....	4	..	3	.. 1	POTOMAC	.....	\$726,000	.....	Detached	.....	0.30	.....	20854	.....	MONTGOMERY SQUARE	02/28/19
<b>3</b> 10808 WHITERIM DR .....	3	..	4	.. 1	POTOMAC	.....	\$705,000	.....	Twin/Semi-Detached	.....	0.06	.....	20854	.....	FAWSETT FARMS MANOR	02/26/19
<b>4</b> 9620 ACCORD DR .....	4	..	2	.. 2	ROCKVILLE	.....	\$700,000	.....	Detached	.....	0.54	.....	20854	.....	CONCORD	02/28/19
<b>5</b> 11722 DEVILWOOD DR .....	4	..	2	.....	POTOMAC	.....	\$604,000	.....	Detached	.....	0.32	.....	20854	.....	REGENCY ESTATES	02/22/19
<b>6</b> 10765 DEBORAH DR .....	3	..	2	.. 2	POTOMAC	.....	\$550,000	.....	Row/Townhouse	.....	0.05	.....	20854	.....	INVERNESS FOREST	02/08/19
<b>7</b> 10937 DEBORAH DR .....	3	..	2	.. 2	POTOMAC	.....	\$550,000	.....	Row/Townhouse	.....	0.05	.....	20854	.....	INVERNESS FOREST TH	02/15/19
<b>8</b> 7614 CODDLE HARBOR LN	3	..	2	.. 2	POTOMAC	.....	\$545,000	.....	Row/Townhouse	.....	0.05	.....	20854	.....	INVERNESS KNOLLS	02/18/19
<b>9</b> 7845 CODDLE HARBOR LN #16	4	..	2	.. 1	POTOMAC	.....	\$533,500	.....	Other	.....	.....	.....	20854	.....	INVERNESS KNOLLS CODM	02/14/19
<b>10</b> 12236 GREENLEAF AVE .....	3	..	2	.. 2	POTOMAC	.....	\$475,000	.....	Townhouse	.....	0.05	.....	20854	.....	WATKINS GLEN	02/13/19

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## A Great Woman Behind a Great Fire Department

Long time Auxiliary head dedicates years, hours and effort to Cabin John Park Volunteer Fire Department

BY PEGGY McEWAN  
THE ALMANAC

**M**ary Morgal has been part of the Cabin John Park Volunteer Fire Department since she was a young teenager.

Now 90 years old, she never dreamed she would still be involved with the volunteer fire service that serves her native Cabin John along with Potomac and parts of Bethesda.

It all started when Morgal worked as a bookkeeper at the Tuohey's Restaurant and Bar on the corner of MacArthur Boulevard and 79<sup>th</sup> Street in Cabin John. It was owned by Dave Tuohey, then fire chief of CJPVFD.

"Once he asked me to answer the fire phone," she said. "I couldn't go behind the bar — I was too young — but I could reach the phone from the kitchen. I answered the phone, found out where the fire was, ran upstairs and threw the switch to blow the siren [alerting the volunteers that there was a fire] and ran over to the firehouse to tell the volunteers who were arriving where the fire was."

The firehouse, Number 10, was located on MacArthur Boulevard, just down from the restaurant, Morgal said. It is still there but not as a fire house; it is Firehouse Custom Cleaners. Station 10 is now on River Road just west of the Beltway.



"I answered the phone [in the restaurant], found out where the fire was, ran upstairs and threw the switch to blow the siren [alerting the volunteers that there was a fire] and ran over to the firehouse to tell the volunteers who were arriving where the fire was."

— Mary Morgal

Cabin John Park Volunteer Fire Department Auxiliary President Mary Morgal rides with former Chief Jim Seavey who died last year.

SEE GREAT WOMAN, PAGE 10

PHOTOS BY PEGGY McEWAN



Morgal's home is a treasure trove of firefighter paraphernalia. Here are some of the fire trucks under her Christmas tree, fire fighting bears and a cotton throw in her living room



# COMMUNITY

## Second Hand Bling, Jewelry, Purses, Accessories

Don't miss the Second Hand Bling sale on Saturday, April 27, 10 a.m. to 1 p.m. at St. Francis Episcopal Church in Potomac Village.

"Secondhand Bling: Jewelry, Purses and Accessories Sale" at St. Francis Episcopal Church 10033 River Rd, Potomac, includes designer and costume jewelry, bags

and scarves. Prices start at \$1.00 on up. Tiffany, LV, Kate Spade, Coach, Stella & Dot, and more. Great bargains! Shop for prom and wedding season bling.

All proceeds go to outreach ministries such as preparing and delivering meals to women's shelters and Meals on Wheels.



Some of the bling offered for sale on April 27 at St. Francis

## Potomac Village Farmers Market Opens May 2, 2019

Produce, seafood and more available Thursday afternoons now as well.

**M**cCleafe's Orchard has been setting up every Thursday afternoon in the parking lot of Potomac United Methodist Church at the corner of Falls Road and S. Glen Road in Potomac. They have been joined by the seafood truck for a mini-market. On Thursday, May 2, the official market will reopen, every Thursday, 2-6:30 p.m.



Apples, mushrooms, greens, herbs, eggs, cider and more delivered Thursdays by McCleafe's Orchards.



Festive tents along the street invite visitors into Bethesda Fine Arts Festival



Painting by Danny Chu

## Bethesda Fine Arts Festival Returns May 11 & 12

**T**he Bethesda Urban Partnership will hold the 16th annual Bethesda Fine Arts Festival, a two-day event highlighting more than 120 contemporary artists selling their original fine art and craft. The festival will take place Saturday, May 11 from 10am – 6pm and Sunday, May 12, 2018 from 10am – 5pm. The festival will once again welcome artists from across the country to show-

case and sell their original painting, drawing, photography, furniture, jewelry, woodwork, ceramics and more in downtown Bethesda. The event will be in Bethesda's Woodmont Triangle along Norfolk and Auburn Avenues and will be held rain or shine. The festival will also feature live entertainment, children's activities and local restaurants. Admission to the Bethesda Fine Arts

Festival is free. The festival is located six blocks from the Bethesda Metro station and free parking is available adjacent to the event in the parking garage located on Auburn Avenue. LeafFilter Gutter Protection, Sunrise Senior Living, Bethesda Blues & Jazz Supper Club and Bethesda Magazine are serving as event sponsors. For more information, please visit [www.bethesda.org](http://www.bethesda.org) or call 301/215-6660.

## POTOMAC ALMANAC

[www.PotomacAlmanac.com](http://www.PotomacAlmanac.com)

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# Spring Flowers from Potomac



Native redbud trees and dogwood have been blooming ahead of the heat along with many other plants and flowers, including Bleeding Heart, May Apples, daffodils, violets and more. Next up, azaleas.





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# The Emotional Side of Leaving the Workforce

Getting ready for retirement requires more than financial preparation.

BY MARILYN CAMPBELL  
THE CONNECTION

**A**nn Corbett worked for more than 20 years as the principal of a Catholic school. Her days were filled with leading children in morning prayer and other faith-based activities. After she retired, Corbett, who lives in Bethesda and worked in Washington, D.C., had difficulty maintaining the daily connection to her faith.

“My job was the way that I stayed connected to my faith and people who shared my faith,” she said. “I think I took it for granted because when I retired, I lost all of that. I was no longer leading prayers and teaching children about their faith. When I retired, I really struggled to regain my footing and feel grounded in my spirituality.”

While financial planning is often associated with retirement preparation, emotional preparedness is equally as important, but often overlooked, say mental health professionals. Like other significant life transitions, retirement can require an emotional adjustment, and even those who feel ready to leave the workforce can feel caught off guard by the adjustment to it.

“Most people are thinking that they need to save, save, save and have a comfortable nest egg before retire and that’s important, but they don’t realize that they’re going to experience social and structural voids after they retire,” said Alexandria psychotherapist Monica Kleinman, Psy.D. “If you think about it, most of our interpersonal connections and social opportunities revolve

around our jobs. Going to work every day give us structure and a predictable routine.”

Kleinman adds, “Those who are thinking about retirement or know that retirement is in their near future should ask themselves, ‘How will I spend my time?’ ‘What will my daily routine look like?’ ”

A person’s identity and sense of self-worth is often connected to their job, says Kleinman. “That might not be healthy, but it’s a reality for a lot of people,” she said.

“Our jobs give us a sense of purpose, and for some people, their job is a status sym-

bol. When you go to a party, think about the number of times you’re asking what you do for a living.”

Volunteer work is one way that marriage and family counselor Tiffany Grimm suggests retirees maintain a sense of purpose. “If you were an attorney, you can volunteer with an organization that allows you to offer legal services to people who can’t afford an attorney. If you’re a teacher, you could volunteer with a learn-to read type program or teach English-as-a-second language type classes,” she said.

Retirees often experience loneliness, says

Kleinman who suggests developing a strong social network before retiring. “Loneliness and isolation can be a killer,” she said. “Before you retire, reconnect with old friends and develop new friendships outside of work. Go out and socialize in ways that are not connected to your job. Invitations to events that are tied to your job tend to dry up when you leave, so it’s very important to socialize frequently outside of work and to keep doing that after you retire.”

Kleinman also recommends building and maintain strong relationships with family members “One way to combat loneliness and the shock of retirement is having a connection with family members, especially your adult children and your grandchildren,” she said. “Think about taking your grandchildren to the park or a museum or on a vacation with you and spending uninterrupted quality time with them. Have lunch or dinner with your adult children.”

Engaging in activities with groups, like social or religious clubs help retirees avoid feelings of isolation, says Grimm. “Whether it’s a stamp club or weekly Bible study group, you have to be connected to groups of people in a regular, consistent and predictable way, just like you were when you worked,” she said. “It’s important to our overall wellbeing to be connected to a wide variety of people and personalities in a positive way.

Think about things you enjoy doing or any hobbies that you have or would like to have, and join groups with people who share your interests.”



Connecting with your adult children just before and during retirement can help with the adjustment, suggest several experts.

**“When I retired, I really struggled to regain my footing and feel grounded.”**

— Ann Corbett

## Landon Azalea Festival

**Landon Azalea Festival, an annual tradition, will be** Friday-Sunday, May 3-5 from 10 a.m.-5 p.m. at Landon School, 6101 Wilson Lane, Bethesda. The festival features rides and games in Funland, plants and workshops, shopping, children’s shows, live music and Bearly Used – a gym full of fabulous finds and gently-used treasures all priced to sell. General admission and parking are free. Unlimited ride and play wristbands for Funland are sold in advance and at the festival. Visit [www.landon.net/community/azalea2019](http://www.landon.net/community/azalea2019).





## Senior Living

# County Launches 24/7 Homeless Information Line

The county's Department of Health and Human Services, in partnership with EveryMind, has launched a 24/7 Homeless Information Line to provide information on county homeless services and shelter resources.

Callers can also provide information about the location of individuals in the community experiencing homelessness. The reports will be forwarded to community outreach partners who will attempt to locate the individual and offer support and resources. The information line number is 240-907-2688.

The homeless system in Montgomery County has several components to it. A network of private nonprofit groups manages the day-to-day operations of shelters with a combination of federal, state and county funding. The shelters include year-round emergency beds for single adults at three locations in Rockville (one men's emergency shelter and two

women's shelters).

There are also emergency shelter beds for families with children at three locations in the community. Additional families are served through the county's domestic violence shelter. During hypothermia season (Nov. 1-March 31), additional emergency shelter space is available.

In 2017, the county's Inter-agency Commission on Ending Homelessness (ICH) launched "Inside (Not)Outside" an effort to end chronic homelessness and to date 408 individuals experiencing chronic homelessness have been placed in permanent housing. Chronic homelessness is defined as an individual who has either lived on the streets for one year or longer or has experienced at least four episodes of homelessness in the last three years and has a disability.

For more information, visit [www.montgomerycountymd.gov/homelessness](http://www.montgomerycountymd.gov/homelessness).

## Potomac Hunt Races, Sunday, May 19

Held in the heart of Montgomery County's horse country, the Potomac Hunt Races are an annual tradition, celebrating the sport of steeplechase racing.

Amidst the thrill of thundering hooves and soaring horses, race day festivities include a car display, mounted police demonstrations, The RBC Kid Zone, and Vendor Village. Enjoy the camaraderie of friends and colleagues, the beauty of nature, and the majesty of the equine athletes — all within the

pristine rolling fields of the Kiplinger estate. Gates open at 10:00 a.m.

For optimum tailgating, railside parking passes must be purchased in advance. The Potomac Hunt also offers sponsorship tents for companies wishing to entertain clients and/or employees.

Activities start at 12:00 p.m. Race course closes at 7:00 p.m. 14401B Partnership Road, Poolesville, MD 20837

[www.potomachuntracks.com](http://www.potomachuntracks.com)

### HEALTH NOTES

## Ingleside Communities Recognized in National Listing

Ingleside at King Farm and Westminster at Lake Ridge, part of the Ingleside family of communities, were recognized in U.S. News & World Report's recently released list of Best Nursing Homes 2017-18.

The U.S. News & World Report Overall Ratings assign each eligible nursing home a rating from High-Performing to Poor. This rating evaluates the care of a wide range of resident conditions at the nursing home, including both long-term care and shorter-term rehabilitation.

"We are elated for U.S. News and World Report to recognize us again as one of the top nursing homes in the United States," said Ingleside's President and CEO Lynn O'Connor. "We pride ourselves on upholding our reputation as the premier provider of older adult living opportunities and continuing to offer our residents the best care and services in the country."

The data used for the evaluation come from the federal Nursing Home Compare program, and the star ratings incorporate nursing staffing, health inspection, and quality measures. In addition to these measures, nursing homes were assessed based on the appropriateness of the therapy minutes provided to their residents as well as the consistency of their reported nurse staffing across self-reported and payroll-based reporting systems.

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## ONGOING

### Art Exhibit by Morton Fine Art.

Through April 27, gallery hours at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery B's April exhibition is a group show by Morton Fine Art. The exhibit, curated by Amy Morton, will feature work by Katherine Tzu-Lan Mann and Astrid Kohler. Visit [www.bethesda.org](http://www.bethesda.org).

### Eye Spy Trains.

10 a.m.-6 p.m. at Cabin John Train and Wheaton Train and Carousel. Ride each weekend in April. The miniature trains are replicas of the 1863 C.P. Huntington, a 4-2-4T steam locomotive purchased by the Southern Pacific Railroad and named in honor of Collis P. Huntington, President of the Southern Pacific Company. An activity great for families, each child under 2 rides free with a paying adult (\$4). Tickets can be purchased online at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) or on site the day of. Visit [ow.ly/geOC30oa52p](http://ow.ly/geOC30oa52p) for more.

### Art Exhibit: Indeterminate

**Identities.** Through May 4 at Waverly Street Gallery, 4600 East West Highway, Bethesda. Through her fiber sculpture, Kristina Penhoet examines ways in which we identify and categorize one another and the subsequent elicited emotions from such actions and thoughts. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

### Art Exhibit: Birth of a Star.

Through May 19 at VisArts, Gibbs Street Gallery, 155 Gibbs St., Rockville. Birth of a Star is a series of four sculptures depicting different stages of a star's life: Protostar, Red Giant, Supernova and Black Hole. These works combine carpentry and playful materiality with hand-drawn animations that are incorporated into each sculpture using screens and projection. Visit [www.visartscenter.org](http://www.visartscenter.org) for more.

### Art Exhibit: John Schlesinger.

Through May 19 in the Common Ground Gallery, VisArts Center, 155 Gibbs St., Rockville. John Schlesinger presents a site-responsive sculpture rooted in the ceiling and walls of the gallery made from locally-sourced demolition rebar, bent neon, and resin-soaked photographs representing waste from the local area. Visit [www.visartscenter.org](http://www.visartscenter.org) for more.

### Art Exhibit: Here and Where.

Through May 26 in the Kaplan Gallery, VisArts Center, 155 Gibbs St., Rockville. Richard L. Dana presents an optically explosive solo exhibition featuring recent digital prints that occupy the gallery in a variety of scales and configurations. Visit [www.visartscenter.org](http://www.visartscenter.org) for more.

### Photography Exhibit: "Human

**Landscapes."** Through May 26, gallery hours at Photoworks, Glen Echo Park. Photoworks presents Human Landscapes featuring work by Alan Awakim, Hannah Fox, and David Pellegrini. Curated by Fabian Concalves Borrega, Human Landscapes is the conjunction of three photographic series that propose a dialogue between the subject and the objects with which they are surrounded. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

### Teen Writers' Club.

Tuesdays through May 28, 6:30-8 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Teens (13-18) with a passion for writing are invited to join the Teen Writers' Club. Learn and practice new writing techniques, share your work, and learn how to critique other works with author Neal Gillen. Free. Email [acsagillen@aol.com](mailto:acsagillen@aol.com) for more.

## THURSDAY/APRIL 25

**"75 Years of Montgomery County History."** 7-9 p.m. at the Potomac Community Center, 11315 Falls



## Eye Spy Trains

The miniature trains are replicas of the 1863 C.P. Huntington, a 4-2-4T steam locomotive purchased by the Southern Pacific Railroad and named in honor of Collis P. Huntington, President of the Southern Pacific Company. Ride each weekend in April, 10 a.m.-6 p.m. at Cabin John Train and Wheaton Train and Carousel. An activity great for families, each child under 2 rides free with a paying adult (\$4). Tickets can be purchased online at [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) or on site the day of. Visit [ow.ly/geOC30oa52p](http://ow.ly/geOC30oa52p) for more.

Road, Potomac. Matthew Logan, Executive Director of the Montgomery County Historical Society, agrees with William Shakespeare that "What's Past is Prologue" as he illuminates "75 Years of Montgomery County History," to Potomac Community Village members and guests. Call 240-221-1370 or visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org) to learn more about PCV.

## FRIDAY/APRIL 26

**Entry Deadline.** Photoworks revisits the American Dream. What does the American Dream look like in the 21st century, how has America changed? What are its most pressing challenges, what needs to be celebrated? Juror Molly Roberts is a photographer and photography editor with 25 years experience in the magazine publishing world. Entry fee is \$40 for up to five images. For details, visit [glenechophotoworks.org/2019/04/01/the-american-dream-revisited/](http://glenechophotoworks.org/2019/04/01/the-american-dream-revisited/).

## SATURDAY/APRIL 27

**Secondhand Bling Sale.** 10 a.m.-1 p.m. at St. Francis Episcopal Church, 10033 River Road, Potomac. The "Secondhand Bling: Jewelry, Purses and Accessories Sale" will feature designer and costume jewelry/bags/scarves starting at \$1. Tiffany, LV, Kate Spade, Coach, Stella & Dot, and more. Shop for prom and wedding season bling. All proceeds go to outreach ministries such as preparing/delivering meals to women's shelters and Meals on Wheels. Visit [stfrancispotomac.org](http://stfrancispotomac.org)

**Grow It Eat It Spring Event.** 10 a.m.-4 p.m. at Agricultural History Farm Park, 18410 Muncaster Road, Derwood. Most parts of the event are free; gardening workshops require a small fee. More info at [giei2019.eventbrite.com](http://giei2019.eventbrite.com). Visit [extension.umd.edu/mg/locations/grow-it-eat-it-0](http://extension.umd.edu/mg/locations/grow-it-eat-it-0) for more.

**Potomac Conversation Club.** 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly



## Indeterminate Identities

Through her fiber sculpture, Kristina Penhoet examines ways in which we identify and categorize one another and the subsequent elicited emotions from such actions and thoughts. The exhibit runs through May 4 at Waverly Street Gallery, 4600 East West Highway, Bethesda. An artist talk is scheduled for Saturday, April 27, 3-5 p.m. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

and relaxed setting. New members are always welcome. Adults, seniors. No registration; join any time. Call 240-777-0690 or visit [montgomerycountymd.gov/library/branches/potomac.html](http://montgomerycountymd.gov/library/branches/potomac.html) for more.

### "Just for the Record-A Vinyl Day."

Noon-4 p.m. at the Silver Spring Library, 900 Wayne Ave., Silver Spring. The event will include a full lineup of panels, screenings and activities including a preview of the documentary "Feast Your Ears" about WHFS, the Bethesda-based radio station, that was the first in the region to broadcast in FM stereo. MCPL will host its first music

competition, Make Music Montgomery, where previously selected submissions of musical acts will perform in front of community judges. No advanced registration is needed. Some programs may be space limited and time sensitive. Attendees are encouraged to dress up as their favorite recording artist. Visit [montgomerycountymd.gov/Library/branches/silverspring.html](http://montgomerycountymd.gov/Library/branches/silverspring.html)

### Family Movie: The Great Gatsby.

2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. An afternoon screening of The Great Gatsby, adapted from F.Scott Fitzgerald's classic. This is a lead-up

program to the F.Scott Fitzgerald Festival coming in October. Free popcorn will be provided. All ages. Call 240-777-0690 or visit [montgomerycountymd.gov/library/branches/potomac.html](http://montgomerycountymd.gov/library/branches/potomac.html) for more.

### Artist Talk: Indeterminate

**Identities.** 3-5 p.m. at Waverly Street Gallery, 4600 East West Highway, Bethesda. Through her fiber sculpture, Kristina Penhoet examines ways in which we identify and categorize one another and the subsequent elicited emotions from such actions and thoughts. The exhibit runs through May 4. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

### Reception & Gallery Talk: "Human

**Landscapes."** 5-7 p.m. at Photoworks, Glen Echo Park. Photoworks presents Human Landscapes featuring work by Alan Awakim, Hannah Fox, and David Pellegrini. Curated by Fabian Concalves Borrega, Human Landscapes is the conjunction of three photographic series that propose a dialogue between the subject and the objects with which they are surrounded. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

### Benefit: VisAbility Art Lab.

6-10:30 p.m. Join VisArts for a casual, fun-filled night of cocktails, cuisine, and painting (for artists of all experience levels). Proceeds benefit VisAbility Art Lab, VisArts' supportive studio for emerging adult artists with autism and other intellectual and developmental disabilities. \$150. Visit [www.visartscenter.org](http://www.visartscenter.org).

### Party with a Purpose.

7 p.m.-midnight at Sheraton Hotel Silver Spring, 8777 Georgia Ave., Silver Spring. Enjoy an evening of food, fun, fashion and dancing to raise funds for the Kennedy Krieger Institute's Brain Injury Team. The Fundraiser Gala & Fashion Show will feature 13-year-old fashion designer Leah Howard with her Adaptive Style line for people with disabilities. Black tie, the red carpet will begin at 6:30 p.m.

Tickets start at \$78. Visit [www.anighttorememberfundraiser.com](http://www.anighttorememberfundraiser.com) for more.

## SUNDAY/APRIL 28

### Montgomery County GreenFest.

11 a.m.-4 p.m. at Brookside Gardens, 1800 Glenallan Ave., Wheaton. Greenfest this year will combine with Brookside Gardens' annual Earth Day celebration, bringing two festivities to one site. GreenFest will feature fun for the whole family including entertainment, exhibitors, live music and dance performances, a native plant sale, tree climbing, an electric vehicle display, food trucks and interactive workshops. It provides an opportunity to share ideas and learn about local environmental initiatives. Greenfest visitors also will have the opportunity to enjoy the open space, walking trails and wildlife that call Brookside home. Admission is free. [montgomerycountyg reenfest.org/](http://montgomerycountyg reenfest.org/).

### Rockville Science Day.

Noon-5 p.m. at Montgomery College-Rockville, 51 Mannakee St., Rockville. The 30th annual Rockville Science Day offers a chance to experience science hands-on. Activities and exhibits include building and launching rockets, telescopes, robots and backyard wildlife, ship models, microscopes, snakes, stream science, a pigeon release, Civil War medical practice, coding challenges, math puzzles, chemistry in action (including flames, explosions and other reactions), electric vehicle demos, quadcopters, archaeology mini-digs, 3-D printing and brain games. Visit [rockvillesciencecenter.org/rockville-science-day](http://rockvillesciencecenter.org/rockville-science-day).

SEE MORE CALENDAR. PAGE 11



# BULLETIN BOARD

Submit civic/community announcements at [ConnectionNewspapers.com/Calendar](http://ConnectionNewspapers.com/Calendar). Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

## THROUGH MAY 23

**Budget Forums.** 7 p.m. Residents and groups are invited to provide input into the County's next six-year capital construction budget by attending public forums that will be held in April and May by local citizen advisory boards. The forums will help define construction and planning priorities for the various regions in the County as officials develop the Fiscal Years 2021 to 2026 Capital Improvements Program (CIP) budget. Learn more at [www.montgomerycountymd.gov/omb/openbudget.html](http://www.montgomerycountymd.gov/omb/openbudget.html) and [www.montgomerycountymd.gov/omb/publications.html](http://www.montgomerycountymd.gov/omb/publications.html)

❖ **Bethesda-Chevy Chase** – Tuesday, May 7 at Bethesda-Chevy Chase Regional Center, 4805 Edgemoor Lane, Bethesda, 240-777-8200.

❖ **Upcounty** – Tuesday, May 14 at BlackRock Center for the Arts, 12901 Town Commons Drive, Germantown, 240-777-8040.

❖ **Mid-County** – Monday, May 20 at Mid-County Community Recreation Center, 2004 Queensguard Road, Silver Spring, 240-777-8101 or 240-777-6820.

❖ **East County** – Thursday, May 23 at East Montgomery Regional Center, 3300 Briggs Chaney Road, Silver Spring, 240-777-8414.

## THURSDAY/APRIL 25

### Public Forum: Transportation.

6:30 p.m. at the A. Mario Loiederman Middle School, 12701 Goodhill Road, Silver Spring. Montgomery County Department of Transportation, Transit Services will introduce a new a pilot program that includes Rockville, Glenmont and Wheaton service areas which will allow riders to request trips from a designated pick up and drop off location using an “app” on their mobile phones. Visit [www.rideonbus.com](http://www.rideonbus.com) for more.

**Maryland DOT/State Highway Administration Workshop.** 6:30 and 7:30 p.m. at Thomas Wootton High School, 2100 Wootton Parkway, Rockville. MDOT and SHA will be taking the next steps in studying proposed alternatives for I-495 and I-270. Each workshop includes two identical presentations at which the MDOT SHA team will guide attendees through the displays, handouts and interactive and hard copy maps. The workshops also will provide an overview of where the proposed projects currently stand. Details on the history of the project and what will be discussed at the workshops are available at [495-270-p3.com/](http://495-270-p3.com/). Email the study team at [495-270-P3@sha.state.md.us](mailto:495-270-P3@sha.state.md.us).

**Potomac Community Village Monthly Meeting.** 7-9 p.m. at Potomac Community Center, 11315 Falls Road. Matt Logan, of the Montgomery County Historical Society, now known as “Montgomery History” and celebrating its 75th anniversary as the county's historical society, will talk about the ways in which Montgomery History has evolved over time, its plans for the future, and how it maintains its relevance to the residents of Montgomery County. Visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org) or call 240-221-1370.

## SATURDAY/APRIL 27

**Adoption and the Teen Years.** 9 a.m.-2 p.m. at The McLean School, 8224 Lochinver Lane, Potomac. Are you a teen adoptee? Parenting an adopted teen? Working with teen adoptees and their families? Join “Adoption and the Teen Years: A Conference for Teens, Parents and

Professionals.” Learn more about the developmental impact of adoption on adolescence from experts who've lived through the experience as parents and professionals. Engage with a panel of adoptees to hear unique perspectives on life in the teen years. Join break-out sessions to focus on important topics and build a community of support. Teens, \$10; parents, \$50; professionals \$50-\$60. Visit [www.adoptionstogether.org/events/adoption-and-the-teen-years/](http://www.adoptionstogether.org/events/adoption-and-the-teen-years/) to register.

## TUESDAY/APRIL 30

**One Stop Fair Housing Shop.** 9 a.m.-3:30 p.m. at the Silver Spring Civic Building, 1 Veterans Plaza, Silver Spring. The County's Office of Human Rights will host the “One Stop Fair Housing Shop” seminar/workshop for the housing industry professionals, realtors, property managers, housing advocates, landlords, human service, housing providers, condominium and homeowner associations and others interested in housing issues to increase awareness of fair housing information. Free, but online registration requested. Visit [www.montgomerycountymd.gov/humanrights/](http://www.montgomerycountymd.gov/humanrights/).

**Peace Groups Sponsor Writing Contest.** All Maryland middle school students are invited to enter a statewide writing contest focusing on the themes of peace and social justice. The contest, which is sponsored by Anne Arundel Peace Action, the Maryland Peace Action Education Fund, the Benjamin Peace Foundation and the Peace and Justice Center of Annapolis Friends Meeting, is open to all 7th and 8th grade students enrolled in public or private schools in Maryland and to home-schooled students. Four cash prizes will be awarded: \$350 for first place, \$250 for second place, \$150 for third place, and \$100 for fourth place. To enter, students must submit an entry of up to 1,200 words on this topic: “The First Amendment to the U.S. Constitution guarantees our most fundamental liberties, including prohibiting the government from restricting freedom of speech or the press, the free exercise of religion, the right to assemble peacefully, and the right to petition the government for a redress of grievances. However, these freedoms have been threatened throughout American history. Which one of these do you believe faces the greatest challenges at this time? Support your views with examples from current events. What actions do you suggest to protect the freedom

you selected”? Entries must be accompanied by a separate cover sheet including the student's name, address and phone number or e-mail address; school's name, address and phone number; and the name of the teacher sponsor if applicable. Entries and accompanying materials must be postmarked no later than April 30, 2019 and mailed to Fred B. Benjamin Peace Writing Contest, 310 Riverview Avenue, Annapolis, MD 21403-3328. For more information, call 410-263-7409 or e-mail [mjkeller@att.net](mailto:mjkeller@att.net).

## WEDNESDAY/MAY 1

**PCV Spring Wildflower Walk at Violette's Lock.** 10 a.m.-noon; meet in parking lot at Violette's Lock, C&O Canal Lock 23, Lock 23, Potomac. This is an expert-led Spring Wildflower Walk at Violette's Lock on the C&O Canal. Bring a walking stick if you like, but it's not needed. For details and to RSVP, call the Help Desk at 240-221-1370. Leave your cell phone number registering.

## SATURDAY/MAY 11

**“Grateful Shred” Party.** 9 a.m.-noon at the Clara Barton Community Center (CBCC), 7425 MacArthur Blvd., Cabin John. Bring unwanted documents to the “Grateful Shred,” and watch Allshred's massive shredder reduce papers to confetti, safe from fraud and identity theft. Admission is free, but for each of one-cubic-foot parcels of paper consider making a \$5 tax-deductible donation to the Friends of Clara Barton Community Center. No need to cull out paper clips, staples, rubber bands, binder clips, labels, or folders. Don't include newspaper, plastic floppy disks, CDs, or X-rays, 3-ring binders, trash, or cardboard (take home any boxes you bring your paper in). Call 240-777-4910 or visit [www.friendscbcc.org](http://www.friendscbcc.org).

**Conference: Journey to Hope.** 9 a.m.-3:30 p.m. at Sibley Memorial Hospital in Conference Rooms 1 & 2 of Building A, 5215 Loughboro Road, NW, Washington D.C.. Sibley Memorial Hospital's Senior Association will present its Journey to Hope conference and expo to assist those caring for people with Alzheimer's and related disorders. Conference participants can learn tips to improve caregiver connections with the person suffering from memory and cognitive challenges while learning to take care of themselves. The event is free for Alzheimer's caregivers. Visit [go.activecalendar.com/SMHEvents/event/4th-annual-journey-to-hope/](http://go.activecalendar.com/SMHEvents/event/4th-annual-journey-to-hope/).

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**75 Years: Montgomery History**  
Thursday, April 25, 7 - 9 pm  
Potomac Community Center

**Bring a Friend Social Lunch**  
Tuesday, April 30, 12 noon  
Tally Ho Restaurant, Potomac Village

**Wildflower Walk on the Canal**  
Wed. May 1, 10 - 12

Details at  
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# Great Woman Behind a Great Fire Department

FROM PAGE 3

She has been active ever since. She joined the department's auxiliary in 1953 and became president in 1960. She still holds that post. That is almost 60 years.

The Cabin John Park VFD Auxiliary, formerly the Ladies Auxiliary, but now men can join too, Morgal said, has been part of the Department since it was founded. Morgal's mother was a member of the Auxiliary.

**“My dream was to bring in a million dollars to buy apparatus. We did it! It took 26 years.”**

— Mary Morgal

“We do whatever we are asked to do,” she said. And apparently very well.

Mary Morgal shared one of her own personal goals for the Auxiliary.

“My dream was to bring in a million dollars to buy apparatus,” she said. “We did it! It took 26 years.”

Patti Troxel, also a long-time member of the Auxiliary, enumerated some of Mary's many contributions to the fire department.

“Mary is always there for Open-House which remains a major part of public outreach during Fire preven-



PHOTO BY PEGGY McEWAN

**Long time Cabin John Park Volunteer Fire Department Auxiliary President Mary Morgal, center, is flanked by former Chief James Seavey, left and current Chief Corine Piccardi, right at the annual Maryland State Fireman's Association convention. In front is her great grandson.**

tion week every October,” Troxell wrote in an email. “Years ago, she cooked dinners at the Carnival which supported CJPVFD in

fundraising and supports current fundraising activities to this day. Mary's goals are to support CJPVFD's commitment

to the community it serves. This is best done by numerous fundraising and community projects. Mary has always been a good leader as she sets a great example for the next generation coming into the fire service and is a pleasure to be around.”

The Auxiliary also helps purchase Christmas gifts for children at the National Home for Children and Families in Bethesda and helps decorate the fire truck Santa rides around the Community in each year.

Now the department has a truck dedicated to her.

One of the most unusual jobs Mary had as part of the Auxiliary was frying chickens for the Fourth of July fundraiser and cleaning up after.

“From 6 a.m. to 2 p.m., I fried chickens,” she said. “They didn't have paper plates then [1950's] so we had to do dishes.”

Morgal laments the fact that many of the long-time members of the Auxiliary are dying off and not many new people are joining.

“Our numbers are low, 12 at most,” she said. “Nobody wants to volunteer anymore.”

That's not from lack of appreciation.

In an Instagram message, the Cabin John Park Volunteer Fire Department posted:

“Mary Morgal has served in the Women's Auxiliary since 1960. She has mentored generations of first responders throughout her time and our department wouldn't be where it is without her. [During Women's History Month] we want to thank Mary for nearly 60 years of service.”

“She's been such an important part of CJPVFD history,” Avery Comarow, public information officer for the department, said.



PHOTO BY PEGGY McEWAN

**Mary Morgal, far right, accepts a trophy on behalf of the women of the Cabin John Park Volunteer Fire Department Ladies Auxiliary from the Chief Charlie Lawrence. Photo is from the 1970s, Morgal said.**



**Mary Morgal, long time president of the Cabin John Park Volunteer Fire Department Auxiliary, shows off a mailbox made specially for her.**

PHOTO BY PEGGY McEWAN



# CALENDAR

FROM PAGE 8

**Paws in the Park.** Noon-4 p.m. at Bohrer Park in Gaithersburg. The Festival will include contests for dogs and people, prizes, kids' activities, a canine agility course and competition, music, food, vendors and a silent auction. Support Montgomery County Humane Society's largest fundraiser of the year. Registration is now open at [www.firstgiving.com/event/mchsm/d/PawsinthePark2019](http://www.firstgiving.com/event/mchsm/d/PawsinthePark2019).

## MONDAY/APRIL 29

**2019 Montgomery Serves Awards.** 6:30-9 p.m. at Imagination Stage in Bethesda. Montgomery County has named nine individuals and organizations as recipients of the 2019 Montgomery Serves Awards, the county's highest honor for service and volunteerism. Free to attend and open to the public, but reservations are required as seating is limited. Visit [www.montgomerycountymd.gov/volunteercenter/awards](http://www.montgomerycountymd.gov/volunteercenter/awards) for more.

**Robin Bullock.** 7:30 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. The Institute of Musical Traditions (IMT) is a nonprofit 501(c)(3) organization which preserves and promotes American and international folk music traditions, and nurtures new styles evolving from these cultural roots by presenting concerts, workshops, and educational programs. Tickets: \$22 advance, \$27 door. Students: \$17 advance, \$22 door. Visit [www.imtfolk.org](http://www.imtfolk.org) or call 301-960-3655.

## TUESDAY/APRIL 30

**PCV: Bring a Friend Social Lunch.** Noon-1:30 p.m. at Tally Ho Restaurant, 9923 Falls Road, Potomac. Bring a friend or come alone. Monthly lunches at Tally Ho give people an opportunity to meet neighbors in an informal and casual setting. Participants pay for their own meal. RSVPs preferred, but not required, at 240-221-1370 by Monday, April 29. Visit [www.PotomacCommunityVillage.org](http://www.PotomacCommunityVillage.org) or call 240-221-1370 for membership information.

## MAY 1-25

**Art Exhibition: "Color in May."** Wednesday-Saturday, noon-6 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Bethesda-based painter Catherine Levinson has embraced her passion for art since attending the High School of Music and Art in New York City. She majored in art at City College in New York, eventually becoming a high school art teacher. In addition to teaching art, Catherine worked most of her career as a clinical social worker and psychotherapist, incorporating art into her practice, extensively relying on her artistic training as she worked with young children. Visit [www.bethesda.org](http://www.bethesda.org).

## THURSDAY/MAY 2

**Baby And Toddler Storytime.** 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. These 20-30 minute storytimes introduce a diverse collection of books, songs, rhymes and bounces developmentally appropriate for children from birth to when they start walking. This is a wonderful way to introduce a child to the joys and culture of reading in a positive and fun atmosphere. This storytime is designed so the baby will be in their caregiver's lap and the grownup is actively involved in the program. Call 240-777-0690 or visit [montgomerycountymd.gov/library/branches/potomac.html](http://montgomerycountymd.gov/library/branches/potomac.html) for more.

## FRIDAY-SUNDAY/MAY 3-5

**Landon Azalea Festival.** 10 a.m.-5 p.m. at Landon, 6101 Wilson Lane, Bethesda. The festival features rides and games in Funland, plants and workshops, shopping, children's shows, live music and Bearly Used – a gym full of fabulous finds and gently-used treasures all priced to sell. General admission and parking are free. Unlimited ride and play wristbands for Funland are sold in advance and at the festival. Visit [www.landon.net/community/azalea2019](http://www.landon.net/community/azalea2019).

## SATURDAY/MAY 4

**Canal Pride Days.** 9 a.m.-1 p.m. at Great Falls, Potomac, Md. Join the C&O Canal Trust for a

day of service and fun. Space is limited! Learn more and sign up: [www.canaltrust.org/programs/canal-pride-days](http://www.canaltrust.org/programs/canal-pride-days).

**Potomac Chinese Book Discussion.** 10:15 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Chinese book discussion in Chinese language. Memory is a Faint Pain by Long Yingtai. Ask for the book at the Circulation Desk. Free. 90 minutes. Adults, seniors. No registration. Call 240-777-0690 or visit [montgomerycountymd.gov/library/branches/potomac.html](http://montgomerycountymd.gov/library/branches/potomac.html) for more.

**Potomac Conversation Club.** 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Practice English conversation in a friendly and relaxed setting. New members are always welcome. Adults, seniors. No registration; join any time. Call 240-777-0690 or visit [montgomerycountymd.gov/library/branches/potomac.html](http://montgomerycountymd.gov/library/branches/potomac.html) for more.

**Pandas Karate: Sticks & Stones.** 1 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. This program uses comedy and storytelling in a fun and innovative way to teach kids how to respond to bullying without using their fists. It looks at building self-esteem using Karate. This program is for elementary school aged children and their parents. Sponsored by the Friends of the Library, Potomac Chapter. Free. Email [cindy.gil@montgomerycountymd.gov](mailto:cindy.gil@montgomerycountymd.gov) or call 240-777-0690.

**"An Evening with Strauss" Waltz Ball.** 9 p.m.-midnight at the Spanish Ballroom at Glen Echo Park. Waltz Time presents the 36th Annual Evening with Strauss Waltz Ball – an evening of Viennese and other waltzes with music from the band Olde Vienna with Andrea Vercoe, Ralph Gordon, Elke Baker, Barbara Heitz, and David Wiesler. This benefit dance for Glen Echo Park includes a Viennese Waltz lesson from 8 - 9 p.m. Dancers will enjoy refreshments, dance cards, a Grand March and are encouraged to wear formal attire. Admission is \$30. Tickets sold at the door only from 7:40 p.m. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, or go to [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org).

## SATURDAY-SUNDAY/MAY 4-5

**Yellow Barn Studio Show.** 11 a.m.-6 p.m. at the Yellow Barn Studio, Glen Echo Park, 7300 MacArthur Blvd. Featuring Vignettes, the Oil Paintings of Susan Sinclair Galego, a homegrown artist. An artist's reception takes place Saturday, May 4, 6-8 p.m. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

## SUNDAY/MAY 5

**Celebrating the Power of Educating a Girl.** 6:30-11 p.m. at Silver Spring Civic Center, 1 Veteran's Plaza, Silver Spring. Edu-girls, a Bethesda based non-profit, is hosting its Annual Gala and Fundraiser. This particular charity has focused its program on funding the education of young girls living in slums around major cities in India, and supporting their goals of financial independence. Cocktail hour, red carpet pictures, video and talk about the work Edu-girls is doing in India, dance performance by local troupe SAPAN, Indian buffet dinner by Bombay Curry Kitchen, and dancing. Suggested donation: \$150 single, \$300 for a couple. Visit [www.edugirls.org](http://www.edugirls.org).

**Premiere of Daniel Elder's "Absalom."** 5 p.m. at Bradley Hills Church, 6601 Bradley Blvd., Bethesda. The all-star professional choir, The Thirteen, will premiere Daniel Elder's "absalom." In this concert, The Thirteen considers the effect violence has on society. A 30-minute commission from American composer Daniel Elder provides direction and inspiration for this concert of music from the Renaissance through today, which traces violence and society's varied responses. Purchase tickets at [www.TheThirteenChoir.org](http://www.TheThirteenChoir.org).

## TUESDAY/MAY 7

**Read To A Dog.** 4:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. School-age children, especially beginners learning to read and those who want to improve their confidence in reading skills, are invited to practice reading aloud in short (10-15 minute) semi-private sessions with a certified therapy dog. Sign up begins 15 minutes before program. First-come, first-served. Call 240-777-0690 or visit [montgomerycountymd.gov/library/branches/potomac.html](http://montgomerycountymd.gov/library/branches/potomac.html) for more.

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takes that can be made in his subject  
and how to avoid them.**  
**-Werner Heisenberg**

## Label Me Determined



By KENNETH B. LOURIE

Like anyone with a name and an address, no doubt over the years, you readers have received unsolicited gifts/inducements in a kind of presumptive exchange for charitable contributions from many organizations with which you are probably familiar. And among the many good deeds they offer are the manufacture and subsequent mailing at no cost or obligation to the recipient, of self-adhesive, return-address labels.

I have, over the years, made a below-average level of contribution despite having maintained an above-average level of use. Still the labels arrive, regularly. And given their accumulation in my home office, I have become ever more determined to not die until I have used every one of those labels. In a manner of speaking/referencing, this pursuit has sort of become my white whale. I'm sure Captain Ahab could relate.

Years ago, around the time of my diagnosis, I was likewise determined, given where I live in Montgomery County, to not die until the Inter County Connector (a long-planned-for, cross-county highway connecting Interstate 270 in Montgomery County to Route 1 in Prince George's County) was completed. I never thought, given my "13 month to two-year" prognosis in 2009, that I'd live to see its completion and to attach its transponder and pay its tolls. But I have.

And though I am not a regular driver on this road, I am nonetheless emotionally connected to it. It's as if we both overcame something.

Which brings me back to the other emotional connection I've mentioned: the return-address labels.

It's not because of the specific charities or the design of the labels or anything in particular (they all tend to blend together after a while), it's that they all have my name and almost always have it spelled correctly, which is not always the case in mail addressed to Lourie. And below that correctly-spelled name, is an equally correct return address.

All combined on a label which doesn't require any licking or stamping or writing. All of which when combined creates a certain functionality which for a non-millennial, baby-boomer like myself who actually mails envelopes rather than types them online, provides an incredibly helpful asset.

And as a cancer patient, any asset that simplifies my life is an asset worth mentioning.

There are many mailers of a certain age who live, almost thrive in a non-paper-free environment. We still write our own checks, hand-address our own envelopes, buy and stick our own stamps and finally go to the Post Office to mail our correspondence.

I can't say whether many of us "balance our checkbooks," but as for myself, I do review the various entries in my check register with my paper statements to confirm their familiarity and accuracy. If this all sounds a bit antiquated to some of you younger readers, some of what you do sounds far-fetched and sort of redundant to me, which probably minimizes your appreciation for something as mundane as a correctly-spelled and properly-addressed return-address label.

I imagine there's a path down the middle somewhere, but it's not important that we all correspond.

But for those of you who do correspond with hard copies instead of computerized soft copies, these return address labels can be a vital cog in the mailing machine. Intended recipients are not always where you thought they were and mail that you thought you had properly addressed stands a better chance of being returned to sender.

A properly-affixed and accurate return address label might not save the sender time or money, but it might do so for the recipient; and let's be honest: who doesn't like to receive mail?

And what's the first thing you look at? The return address. If it were not for the return address, label or otherwise, the reason for its delivery might lose some of its appeal.

For me, living beyond the correspondence on which that final label will be affixed is very appealing. Because considering the number of labels I still have at home, I'm going to be living for a long time. Cancer be damned.

*Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.*



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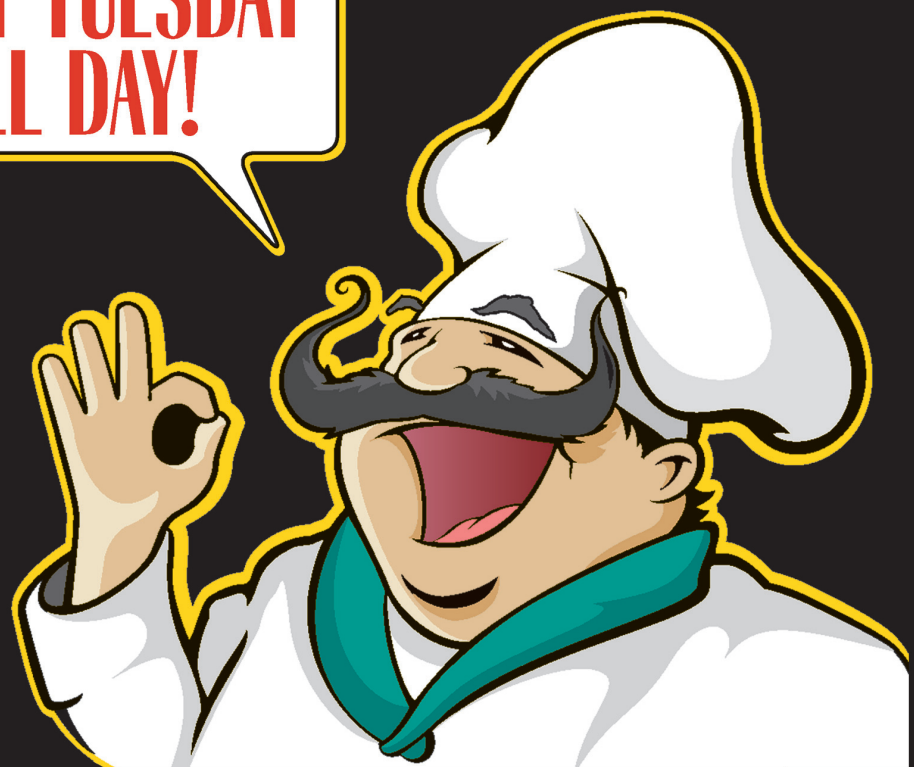
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